

Special Issue on
Clinical Approaches of Whole Body Vibration Exercises

CALL FOR PAPERS

The use of Whole Body Vibration Exercise (WBVE) in clinical settings is becoming ever-present in the literature. As a relatively simple and low skill demand mode of physical activity, WBVE has been used in athletic and aged cohorts. As benefits of WBVE have begun to emerge, it has progressively been applied to clinical populations such as those suffering osteoarthritis or immobilized, affected with fibromyalgia or osteogenesis imperfecta, and diagnosed with metabolic syndrome, chronic obstructive pulmonary disease, and other undesirable clinical situations. Despite proliferation of WBVE research, there is a lack of synthesis about the safe and effective prescription of WBVE. There is a need for clinicians to be provided with clear recommendations about the parameters of WBVE such as frequency (Hz), amplitude (mm), duration (min), and gravitational load (g) that will be tolerated by suboptimal health populations during rehabilitation and practice.

RCTs or case controlled studies or placebo controlled studies that clearly describe the WBVE intervention that will allow identical replication in other clinical settings, studies that attempt to describe adverse effects (if apparent), studies that demonstrate the valid parameters of the WBV platform (including the direction: vertical or oscillating) with healthy and unhealthy populations, and also papers that provide recommendations for the prescription of the WBVE to improve outcomes relative to the clinical subgroups are welcome. Moreover, the mechanisms of the biological responses are still not well understood, yet the applications using WBVE have grown in various areas mainly in the last ten years. Review papers which describe the current state of the art and papers involving experimental models with animals exposed to WBVE are also desirable.

This special issue aims to provide information to a better and safe use of the Whole Body Vibration Exercises.

Potential topics include but are not limited to the following:

- ▶ Neurophysiological basis of WBVE
- ▶ Low back pain
- ▶ Osteoporosis/osteoarthritis
- ▶ Diabetes/obesity/metabolic syndrome
- ▶ Ataxia/multiple sclerosis/ cerebral palsy
- ▶ Spinal cord injury
- ▶ Older adults /sarcopenia
- ▶ Fibromyalgia
- ▶ Neuromuscular function and postural control and associated diseases
- ▶ Interventions before and after surgery (rehabilitation)
- ▶ Health promotion/sedentarism

Authors can submit their manuscripts through the Manuscript Tracking System at <https://mts.hindawi.com/submit/journals/rrp/cawb/>.

Papers are published upon acceptance, regardless of the Special Issue publication date.

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